



A MINUTE OF HEALTH WITH CDC

Preparing for the Season

National Influenza Vaccination Week — December 4-10, 2016

Recorded: December 6, 2016; posted: December 8, 2016

[Announcer] This program is presented by the Centers for Disease Control and Prevention.

It's important to be ready for the flu season. In the U.S., flu season starts in the fall, goes through the spring, and typically peaks between January and March.

The updated flu shot has been distributed and is now available in more places than ever. *Everyone* age six months and older should get immunized against the flu each and every year.

Some people are at increased risk for serious complications, including children under five; adults 65 and older; pregnant women; and people with certain chronic conditions, such as heart or lung disease or diabetes. The vaccine is the best way to protect yourself and your family from the flu. It's never too late to get a flu shot!

Thank you for joining us on a Minute of Health with CDC.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.